



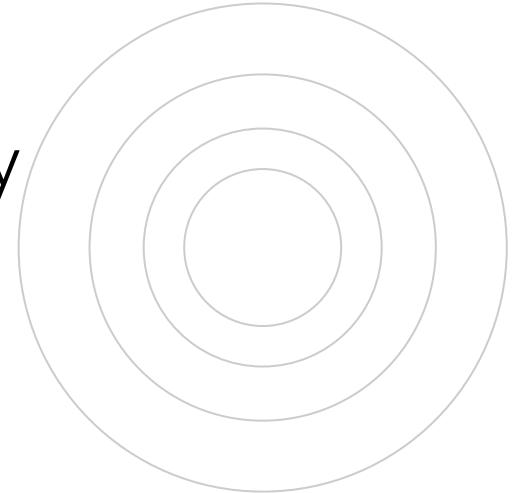
Recognizing Stress & Promoting Self-Care

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**By the end of our time together,
you will be able to answer:**

- What is stress?
- What are my signs of stress?
- What is self-care?
- How can I improve my self-care in order to better manage my stress?



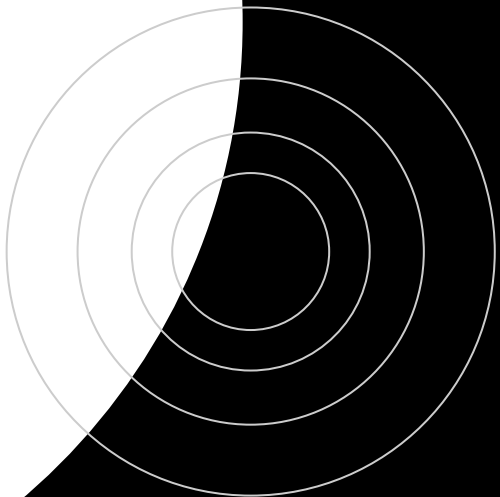


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What is stress?

Stress is an internal, external, or perceived pressure that affects our sense of equilibrium.

While it may be unpleasant, stress is a natural, normal part of life.



Common sources of stress

Where does your stress come from?



Common sources of stress

Mental

Physical

Cultural

Social

Nutritional

Spiritual

Educational

Occupational

Familial

Digital

Financial

Environmental



Common Signs of Stress

How do you know when you are stressed?



Common Signs of Stress

Body tension and pain

- Headaches, jaw clenching, teeth grinding, spasms etc.

Reduced energy

- Tiredness, weakness, fatigue, sleeping problems etc.

Unpleasant emotions

- Uneasiness, confusion, irritability, sadness, anger etc.

Unhealthy thoughts

- Rumination, obsession, suicidality

Diminished work productivity

- Trouble focusing, withdrawal, communication problems etc.



The
Problem
Peak

Disorder

Burnout

Stress



Stress & Coping



Stress

Equilibrium



Response



“

**Between stimulus and
response there is a space.**

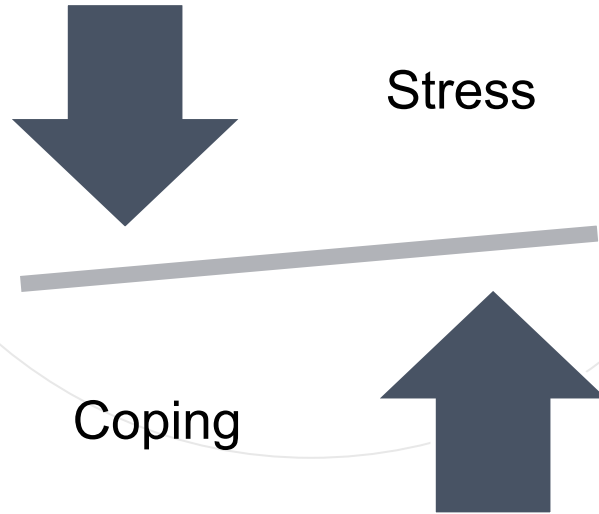
**In that space is our power to
choose our response.**

**In our response lies our
growth and our freedom.**

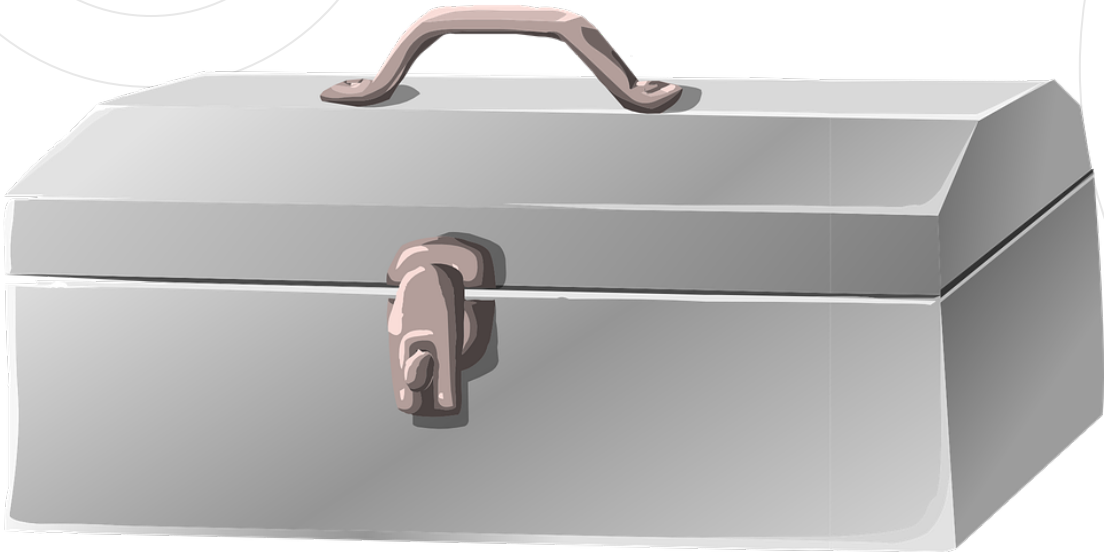
-Existential Psychology



Self-care is a continuous process of proactively considering & tending to your needs in order to maintain your wellness

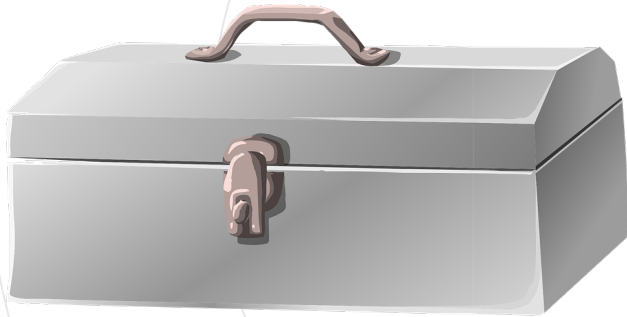


Let's start to build your self-care kit



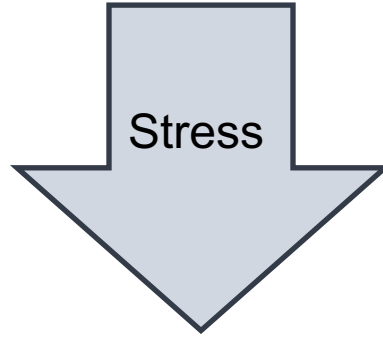
The key to establishing a helpful self-care practice is attaining a wide variety of coping skills that can help you meet your tailored wellness needs.

Suggested Items for Your Self-Care Toolkit

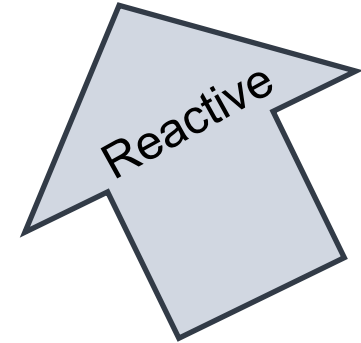
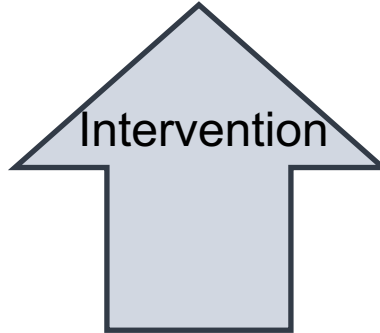
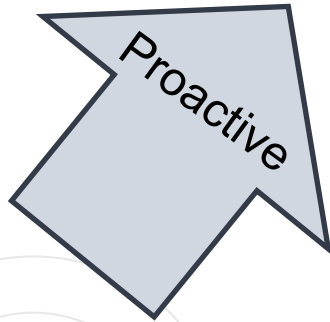


- Fun
- Easy
- Free
- Quick
- Routine
- Social

Coping skills empower us to respond effectively to stress



Equilibrium

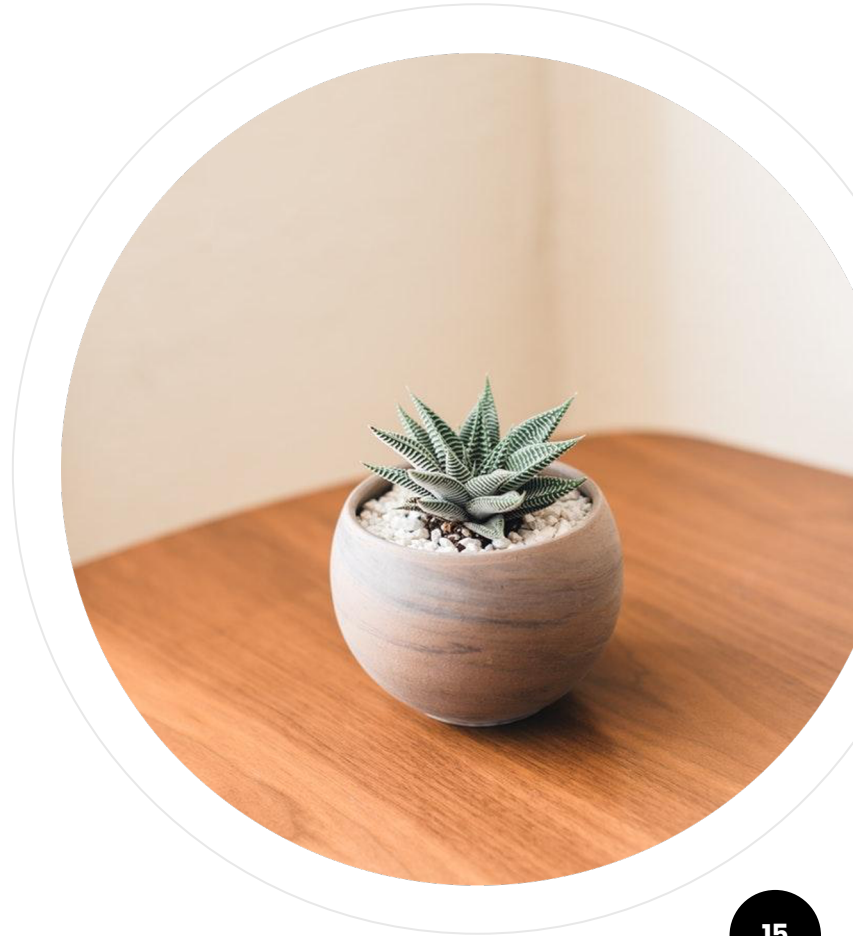


What does wellness look like for you?

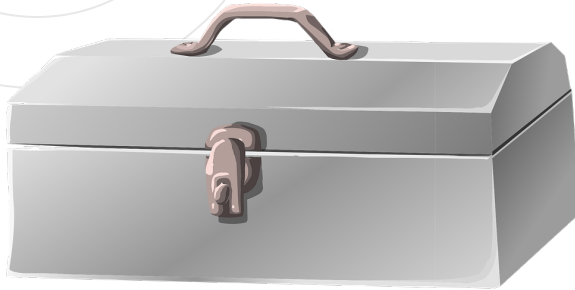
How do you feel?

What are your thoughts?

What do you do?



What dimensions of wellness are important for you?



Mental

Physical

Cultural

Social

Nutritional

Spiritual

Educational

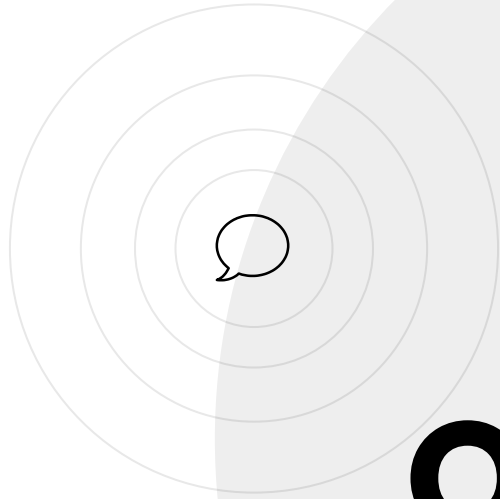
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Questions?

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